

Arlington Recreation Program

Winter 2016 – 2017



**Arlington
Recreation...
Sign Me Up!**



**Ice Skating at
Ed Burn Arena**
Pages 3 – 5

Youth Programs
Page 6 – 7

Youth Futsal League
Page 8

**Heads Up on Summer
Day Programs!**
Page 8

Badminton
Page 10

*Do you have an idea for a
great program? Do you want
to be an instructor? Email us at
recoffice@town.arlington.ma.us.
We'd love to have you!*

**Registration Now Open. Register
Online at www.arlingtonrec.com**

Register By Phone: 781-316-3880

By Walk-in or Mail-In:

Arlington Recreation Department,

422 Summer Street, Arlington, MA 02474

Office Hours: 8:00am – 4:00pm, Monday – Friday

Table of Contents

General Information	2
Ed Burns Arena Ice Skating Rink	3 – 4
Ice Skating Lessons	5
Toddler and Youth Programs	6 – 8
Winter Futsal League	8
Heads Up on Summer Day Programs	8
Adult Programs	9
Badminton Classes	10
Community Organizations	11 – 12
Arlington Parks, Fields and Facilities	13
Registration Form	14
Skiing/Snowboarding at Nashoba Valley	Back Cover
School Vacation Programs	Back Cover

Special Event
Saturday, March 18

Daddy/Daughter Dance



Social for girls of all ages with their fathers, grandfathers, uncles and other guardians. Everyone is welcome to attend with their daughters to the Daddy/Daughter Dance.

Time: 5:00pm – 7:00pm
Where: Ottoson Middle School
Cost: \$5 per ticket.
Tickets on sale after January 1



Host a Birthday Party at the Gibbs Gym!



Arlington Recreation will book birthday parties on Saturdays and Sundays throughout the year. Birthday parties are in two-hour time blocks. Bouncy House rental available!

Great price: \$150 without Bouncy House, \$200 with Bouncy House!!

Birthday party packages available through
Super Soccer Stars and Sports Zone 101
at an additional charge.

**For more information
please call us at 781-316-3880
or email us at recoffice@town.arlington.ma.us**



General Information

Registration and Payment

If choosing to register on-line, please visit www.arlingtonrec.com. If registering for the first time with Arlington Recreation, you will need to create a household account via our website. Please call 781-316-3880 if you experience difficulties. Phone registrations welcome! Payment must accompany all registrations. Checks should be made payable to Arlington Recreation. MasterCard, VISA, and Discover are also accepted.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Program Accessibility

Please note that currently our programs are not programmatically accessible due to architectural barriers at most of our host facilities. The Park and Recreation Commission recently completed an accessibility self-assessment of all facilities under their jurisdiction and is developing a multi-year plan to address the issues highlighted in the report. As facilities are updated and become programmatically accessible they will be highlighted as such within the brochure location description.

Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at www.arlingtonrec.com

Refunds

There will be NO REFUNDS unless Arlington Recreation cancels a program. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. If you cancel after the start of a program, no credits or refunds will be given. Please note that there is a \$10 administrative fee for all refunds unless Arlington Recreation cancels the program.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

Inclement Weather

For Field and program cancellations, please go online to arlingtonrec.com. Updates will be posted on the homepage. The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the website will be updated for your convenience. Closures are typically announced in the afternoon just before school is released. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program. All program cancellations are on line at www.arlingtonrec.com

Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonrec.com to view your household account history.

Volunteer Opportunities

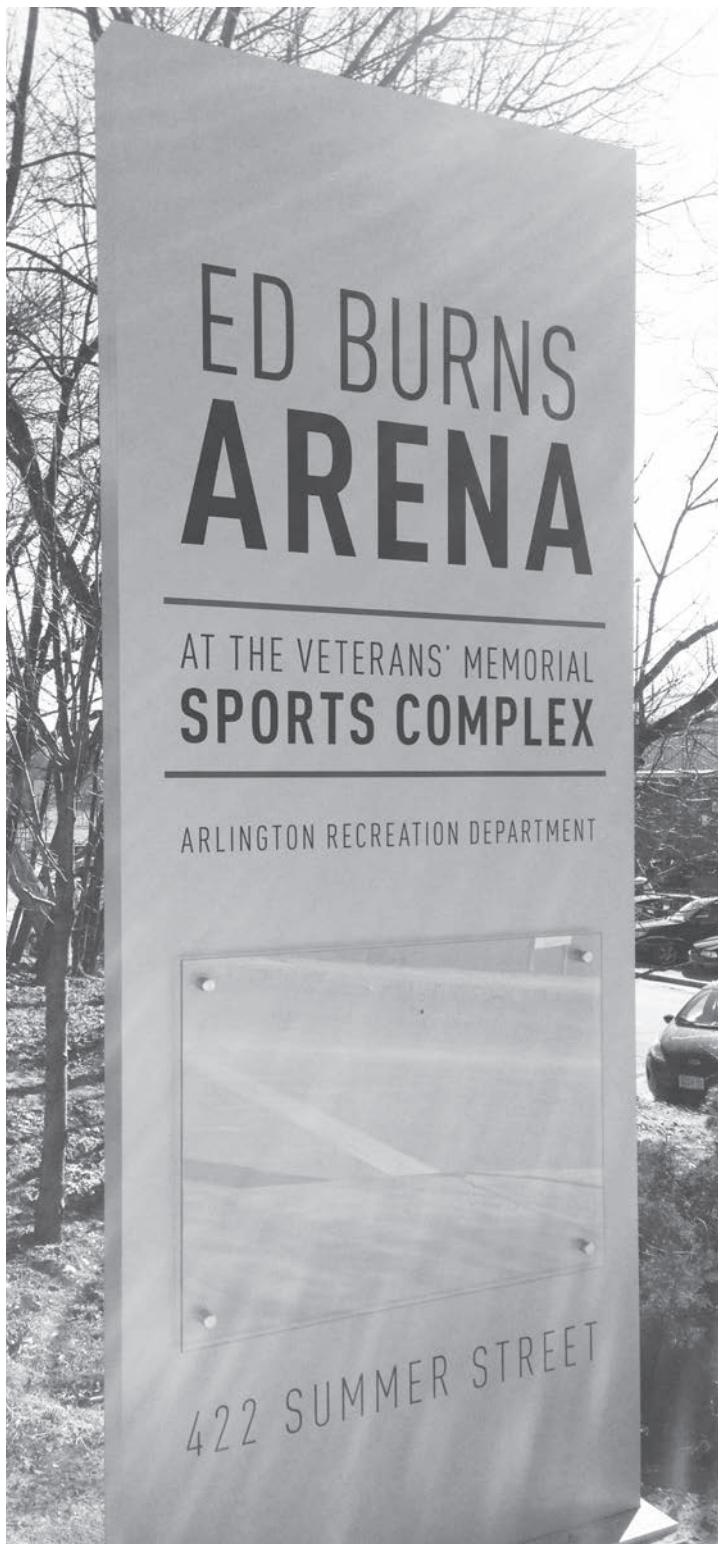
Arlington Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to do so at checkout.

*Email program comments, suggestions, ideas, and concerns to Erin Campbell,
Recreation Supervisor, ECampbell@town.arlington.ma.us*

Ed Burns Arena Ice Skating Rink



Ice Rental Fees

Call Dave Cunningham, Facility Supervisor at 781-316-3882 for complete details or an open ice-time schedule. Group rental fees: \$255 per 50-minute block, \$275 per 60 minute block.

The Ed Burns Arena is a renovated indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85 x197-feet with spectator seating for 1,000 people. Complete snack bar service (hours vary) and vending machines are available in the main lobby, along with skate rental and sharpening services. Team rooms are provided for those renting ice time. The Ed Burns Arena Skating Rink is open to the public during the months of August through April. The rink is a great place to host a school field trip or birthday party. For rental or event information, contact Dave Cunningham, Facilities Manager at 781-316-3882.

Public Skating Schedule

Dates: November through April (Final date to be determined)

Admission: \$4 children (16 and under) and seniors; \$6 adults
Special Friday Afternoon (1:45pm – 3:45pm) Rate:
\$1 Children, \$3 adults

Skate Rentals: \$5 per pair

Skate Sharpening: \$7 per pair

Times:	Mondays	12:00pm – 1:50pm
	Thursdays	9:00am – 10:50am
	Fridays	11:00am – 12:50pm, 1:45pm – 3:45pm*, 7:15pm – 9:15pm
		*(special Friday rate \$1/child, \$3/adult);
	Saturdays	4:00pm – 5:50pm
	Sunday;	9:30am – 11:30am; 2:00pm – 4:00pm

Dates and times are subject to change. Please check our website www.arlingtonrec.com for Holiday and Public skating times

Special Public Skates

Sunday, December 18	2:00pm – 4:00pm: Holiday Bash with a DJ!
Monday, December 19	12:00pm – 1:50pm
Thursday, December 22	9:00am – 10:50am
Friday, December 23	11:00am – 12:50pm, 1:45pm – 3:45pm
Sunday, January 1	9:30am – 11:30am, 2:00pm – 4:00pm
Monday, January 2	12:00pm – 1:50pm
Wednesday, February 22	12:00pm – 1:50pm
Tuesday, March 14	2:00pm – 4:00pm (\$1 Public Skate)
Tuesday, March 21	2:00pm – 4:00pm (\$1 Public Skate)
Tuesday, March 28	2:00pm – 4:00pm (\$1 Public Skate)
Tuesday, April 4	2:00pm – 4:00pm (\$1 Public Skate)
Tuesday, April 11	2:00pm – 4:00pm (\$1 Public Skate)
Tuesday, April 18	2:00pm – 4:00pm (\$1 Public Skate)
Wednesday, April 19	9:00am – 10:50am

Special Kid Stick & Puck

Children require helmet with a cage. Adults require a helmet

Monday, January 2	9:00am – 10:50am
Monday, January 16	9:00am – 10:50am
Tuesday, February 21	9:00am – 10:50am
Wednesday, February 2	9:00am – 10:50am
Thursday, February 23	11:45am – 1:45pm
Friday, February 24	9:00am – 10:50am
Friday, April 14	9:00am – 10:50am
Monday, April 17	9:00am – 10:50am
Tuesday, April 18	9:00am – 10:50am
Wednesday, April 19	12:00pm – 1:50pm
Thursday, April 20	11:45am – 1:45pm
Friday, April 21	9:00am – 10:50am

Public Skate and Stick & Puck *NOT HELD*

Friday, December 23	7:15pm – 9:15pm	No Public Skate
Saturday, December 24	4:00pm – 5:50pm	No Public Skate
Sunday, December 25	Closed for Christmas	
Monday, December 26	12:00pm – 1:50pm	No Public Skate
Tuesday, December 27	1:00pm – 1:50pm	No Stick & Puck
Thursday, December 29	9:00am – 10:50am	No Public Skate
	11:45am – 1:45pm	No Stick & Puck
Friday, December 30	9:00am – 10:50am	No Stick & Puck
	11:00am – 12:50am	No Public Skate
	1:45pm – 3:45pm	No Public Skate
	7:15pm – 9:15pm	No Public Skate
Saturday, December 31	4:00pm – 5:50pm	No Public Skate
Saturday, February 25	4:00pm – 5:50pm	No Public Skate
Friday, March 17	7:15pm – 9:15pm	No Public Skate
Friday, March 24	7:15pm – 9:15pm	No Public Skate
Saturday, March 25	4:00pm – 5:50pm	No Public Skate
Saturday, April 1	4:00pm – 5:50pm	No Public Skate
Sunday, April 2	9:30am-11:30am	No Public Skate
Sunday, April 16	Closed for Easter	

Advertise Your Business or Sponsor a Special Event!

There are yearly options available for businesses to advertise at the Ed Burns Arena. Options include banners, illuminated signage, Zamboni, scoreboard, and message board. If interested in advertising or to receive further information on available options, contact Dave at 781-316-3882.

Special Events at the Ed Burns Arena

Friday, March 17 • 7:00pm – 9:00pm

Police vs. Fire Game (Guns vs. Hoses)

Friday, March 24 • 6:00pm – 10:00pm

Shoot for a Cure - Family Night

Saturday, March 25 • 1:00pm – 10:00pm

Shoot for a Cure

Friday, April 21 – Sunday, April 23

Broomball Tournament

Men's Stick Practice

Ages: 18 years and up

Dates: Thursdays (x 11/24, 12/29)

Time: 11:45am – 1:45pm **Cost:** \$10/day per person

Women's Stick Practice

Ages: 18 years and up

Dates: Fridays (11/25, 12/30)

Time: 9:00am – 10:50am **Cost:** \$10/day per person

All Star Skating

Date: Saturdays, December 10– February 4 (x12/24, 12/31)

Time: 10:50am – 11:40am

Cost: \$95 (price does not include rentals)

Join Arlington Catholic coaches and hockey players for 50 minutes of supervised free skate time. Program is open to children with special needs from 6 years of age and up. Please note parents will not be allowed on the ice during instruction. Participants are required to provide their own single-blade skates or rent a pair for an additional charge. Helmets are required! Students are grouped according to age and ability. Participants must provide their own single-blade skates or may rent for \$5 per pair. Helmets are required for all skaters. Don't forget to dress warm...bring hats and gloves! All lessons held at the Ed Burns Arena Skating Rink at 422 Summer Street.

Discount & Gift Tickets Available

Public skating Gift passes are available for purchase at the Arlington Recreation Office or Ed Burns Arena.

Purchasing a pass is economical! These passes also make great birthday gifts or stocking stuffers for friends and family. Individual Passes: \$4 child & senior; \$6 adult; 10-visit punch passes: \$36 child & senior; \$54 adult.

Skate Rentals & Sharpening

The Ed Burns Arena offers Skate Rentals for \$5 per pair and Sharpening for \$6 per pair or purchase a 10-punch pass and 11th service is FREE. Available during public skating, regular business hours, and by appointment.

Ice Skating Lessons

Tot Skate with Carol

Ages: 2.5 and up (with parent)

Dates: Tuesdays, November 15 – December 13,
January 3 – January 31, February 14 – March 21 (x2/21)

Time: 11:00am – 11:45am

Cost: \$99 per session. Skate rentals are available



Beginning ice skating made simple and fun! Introduce your child to the exciting sport of ice skating and explore ways to help your child while on the ice. Instructors emphasize proper balance and control. Helmets are required

Carol Rosenblith began skating as an adult and continues her training in ice dancing with Robert Rafuse. She is currently a member and registered coach with the Mt. Washington Valley Skating Club in Conway, NH and has been a USFS Basic Skills instructor for more than 10 years. Since November 2003, she has been a group instructor and coordinator with Bay State Skating School, teaching preschoolers through adults at rinks throughout the Boston metropolitan area.

Since 2008 she has also served as an instructor for the Franciscan Hospital Adaptive Skating Program for children with special needs, and over the last decade has also taught for the Weston Skating Club Basic Skills Program and for Learn-to-Skate programs at rinks in West Roxbury and Natick. A member of the Professional Skaters Association since 2004, she earned a PSA rating in group instruction in 2009.

Bay State Preschool Skate

Ages: 3 – 4 years

Time: 1:00pm – 1:25pm followed by 25-minute free skate with parent

Dates: Fridays, December 2 – January 20 (x12/30)

Cost: \$144 (6-week session)

Dates: Fridays, January 27 – March 31 (x2/17, 2/24)

Cost: \$192 (8-week session)



Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single-blade skates (rentals available). Helmets are required!

Arlington Recreation...Sign Me Up!
Register Online at www.arlingtonrec.com

Bay State Skating School

Learn To Skate Program

Ages: 4 to 18 years

Wednesdays

Time: 3:00pm – 3:50pm

Dates: November 30 – January 18 (x12/28)

Cost: \$168 (7-week session)

Dates: January 25 – March 29 (x2/22)

Cost: \$216 (8-week session)



Saturdays

Time: 11:50am – 12:40pm

Dates: December 3 – January 21
(x12/24, 12/31)

Cost: \$144 (6-week session)



Dates: February 4 – March 25 (x2/25)

Cost: \$168 (7-week session)

Basic instruction and open skate for youth, without parents. Children will be taught how to balance on skates, falling and getting up, forward and backward skating, gliding, turns, edges, crossovers, spins and jumps.. Participants are required to provide their own single blade skates (rentals available). Helmets are required!

It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 4 to 18. The program is structured in 25-minute lessons and 25-minute practice time each week. A coordinator is in attendance at all times.

Students may wear figure skates or hockey skates. Bay State Skating School provides over 40 years of experience teaching lessons to the public! Participants are required to provide their own skates or rent a pair.

Adult Skating

Ages: 18 + years

Dates: Tuesdays, November 15 – December 13,
January 3 – January 31, February 14 – March 21 (x2/21)

Time: 12:00pm – 12:45pm

Cost: \$99 per 5-week session

You asked for it, we are delivering! Adult beginner skate lessons are now being offered. Adult skating is gaining popularity – join the fun! A great workout and a chance to meet other residents of Arlington and nearby communities! Helmets or other appropriate head protection such as "Ice Halos" are now required! See "Tot Skate with Carol" (above left) for more information on instructor Carol Rosenblith.

Toddler and Youth Programs

Little Dragons Karate

Ages: 3 & 4
Dates: Fridays, January 6 – April 7 (x2/24)
Time: 4:45pm – 5:15pm
Where: Brackett School
Cost: \$295 per 12-class session



Little Ninjas Karate

Ages: 5 – 7 years
Dates: January 6 – April 7 (x2/24)
Time: 5:15pm – 6:00pm
Ages: 8 – 12 years
Dates: Fridays, January 6 – April 7 (x2/24)
Time: 6:00pm – 6:45pm
Where: Brackett School
Cost: \$320 per 13-class session

One of the best karate programs in the country taught by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.



by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Arlington Recreation's After-School & Pre-School Kid Care Program for the 2017-2018 School Year



The Arlington Recreation Department is working hard to secure space for this wonderful program. We have had several great conversations with Town Administration and the School Department to try and come up with the right location. We are hopeful to have a location in place by the start of the new year. Please check back in early January for more details on this program.



The Arlington Recreation Department Winter 2016 / 2017 Program was designed by

Lightning Design

www.lightningdesign.net

Super Soccer Stars

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.



Winter 2017 Sessions

Dates: Saturdays (10-week session), January 14 – March 18	Ages: 3 – young 4 years old
Time: 8:45am – 9:30am	Older 4 – 5 years old
9:40am – 10:20am	2 – 3 years old
9:35am – 10:15pm	older 4 – 5 years old
12:15pm – 1:00pm	12 – 24 months old
Where: Gibbs Gym	Cost: \$147
Dates: Sundays (10-week session)	
January 15 – March 19	
Time: 9:00am – 9:45am	Ages: 3 – young 4 years old
9:50am – 10:30am	2 – 3 years old
10:35am – 11:25am	Older 4 – 5 years old
11:30am – 12:10pm	12 – 24 months old
12:15pm – 1:00pm	Shine – special needs
	5 – 8 years old
	8 – 12 years old
Where: Gibbs Gym	Cost: \$147

Where: Gibbs Gym

Cost: \$147

Super Soccer Star Birthday Party at the Gibbs

Whether your child is a soccer expert or an enthusiastic beginner, let Super Soccer Stars turn your child's birthday into an unforgettable soccer extravaganza! Super Soccer Stars birthday parties include a full hour of fun, age-appropriate soccer activities that can even be adapted into other exciting themes, such as superheroes, princesses, or anything that your child can imagine! After the soccer fun, the kids will sit down to eat food and cake, sing, and celebrate your child's big day. Our two packages are:

Kick-Off Package: 90-minute party, 60 minutes of soccer, 30 minutes for food and cake (food and cake not included), soccer equipment, coaching and activities.

Cost: \$345 for 10 kids; \$15 each additional child

Super Soccer Stars Package: 90-minute party, 60 minutes of soccer, 30 minutes for food and cake (food and cake not included), soccer equipment, coaching and activities, soccer ball party favor

Cost: \$445 for 10 kids; \$25 each additional child

Youth Programs

Babysitting Training with Safety 911

Grades: 5 – 8

Dates: Monday – Thursday, January 9 – January 12

Time: 3:00pm – 4:30pm

Where: Ottoson Middle School – Room 232

Cost: \$125 per 4-day session

The Babysitter's Training is a course designed for those interested in becoming responsible babysitters. Students learn: characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Safety 911.

Arlington Recreation Fencing Program

Dates: Thursdays

Session 3: January 19 – March 16 (x2/23)

Session 4: March 23 – May 18 (x4/20)

Times: 6:00pm – 7:15pm Beginner – Intermediate
Ages 7 and above

7:15pm – 8:30pm Beginner – Advanced
Ages 12 and above

Where: Gibbs Gymnasium

Cost: \$200 fee per eight-week session includes recreational membership in United States Fencing Association.



Come learn the exciting sport of fencing! Often called a physical game of chess, fencing develops endurance, coordination, agility, poise and balance. While fencing is a physical sport, it is also a mental game requiring concentration, quick decision-making and problem-solving.

It's an ideal activity for people of all ages and sizes.

Equipment is provided for the first eight-week session one participates in.

Clothing Requirements: Track or sweat pants (no shorts! jeans are safe, but not comfortable.) T-shirt, or other lightweight top. (You're going to be putting on a fencing jacket.) Shoes should be sneakers, tennis, racquetball, indoor soccer or similar shoes. No sandals, crocs, heels, boots or dress shoes.) Glove, such as garden glove, baseball hitting glove or something similar for dominant hand. These requirements are all for your safety!

For more information, contact Michael at 978-210-2711 or michael@nefencing.com.

Mass Youth Soccer Winter Skills Clinic

Age Groups: Boys and Girls Grades 1 – 6

Dates: Session 1, Mondays, January 23 – February 13
Session 2, Monday, February 27 – March 20

Times: Grades 1 – 2 5:30pm – 6:30pm
Grades 3 – 4 6:30pm – 7:30pm
Grades 5 – 6 7:30pm – 8:30pm

Where: Ottoson Middle School **Cost:** \$75 per person



Are you looking for a local opportunity to improve your soccer skills over the winter? The Arlington Soccer Club and Arlington Rec are partnering with Mass Youth Soccer to provide you with an opportunity to develop your technical skills and speed of play. The sessions will be dynamic, fast paced, fun and cover all areas of technical development!

The sessions will be run by members of the Mass Youth Soccer State Instructional Coaches, many of whom hold a US Soccer A or B license. Space is limited so register early! Though this program is offered in conjunction with Arlington Soccer Club, please register through the Arlington Recreation Department.

Boys Lacrosse Late Winter 2016

Grades: 1 – 8

Dates: Monday, Wednesday, Friday March 6, 8, 10

Time: 6:15pm – 7:45pm

Where: HS Red Gymnasium **Cost:** \$75 for 3 sessions

Join AHS Varsity Boys Lacrosse Coach, Mike Maggio to learn the sport of lacrosse or improve your skills before the upcoming season! The Winter Clinic is designed to give new and existing players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage.

Girls Lacrosse Late Winter 2016

Grades: 1 – 8

Dates: Monday, Wednesday, Friday March 6, 8, 10

Time: 4:30pm – 6:00pm

Where: AHS Red Gymnasium **Cost:** \$75 for 3 sessions

Learn the sport of lacrosse or improve your skills before the upcoming season! The Winter Clinic is designed to give new and existing players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage.





Fourth Year of the League...Get in on the Fun!

2016 – 2017 Arlington Youth Futsal League

Sponsored by Arlington Recreation with support from the Arlington Soccer Club



Ages: Kindergarten U-8, U-10, U-12, U-14 Divisions to host both boys and girls teams if numbers allow

Dates: Session 1: Saturdays, December 10, 2016 – February 4, 2017 (x12/24, 12/31);
Session 1 Registration Deadline: November 28, 2016
Session 2: Saturdays, February 11 – March 31, 2017 (x2/25)
Session 2 Registration Deadline: January 30, 2017
Free Futsal Clinic on Saturday, December 3, 2016 which will be open to all who have registered!

Times: Times will range from 8:00am – 6:00pm on Saturdays. Schedule will be available once the number of teams is finalized. Younger divisions tend to play in the morning, older divisions in the afternoon.

Cost: \$75 per player per session

Please have players register individually and then coaches can send their team rosters to ecampbell@town.arlington.ma.us. We will not save spots for players on teams even if the coach

sends in their name, they must register by the deadline. *Coaches must be open to taking additional players if they register a team with fewer than 10 players.*

Futsal in New England has experienced a tremendous growth during the past few years! Futsal has finally been recognized as the sport that best fosters the development of soccer players at a very fast pace. Arlington Recreation and the Arlington Soccer Club are once again teaming up to offer this fast-paced, fast growing sport in the Town of Arlington. Don't miss out on this great opportunity to sharpen your skills this off-season. Please note that the level of play will be novice to moderate travel team play. This will not be a premier select team league. Arlington Recreation will supply team shirts, practice and game balls.

Arlington Recreation will work with the Wolves Futsal Club who will help coordinate the clinics for players and coaches and will supply referees weekly. Individuals should be prepared to play with proper footwear (indoor soccer shoes preferred) and shin guards.

2017 Summer Day Programs!

It's never too early to start thinking about summer vacation!

Arlington Recreation Summer Day Programs offer creativity and fun for your child through traditional activities including sports and games, arts and crafts, drama/theater, swimming, water play, and imaginative special events.

H.R.C. – Health, Recreation, Community Safety (Grades 1 – 6)

The Arlington Recreation, Police, Fire and Health Departments collaborate to bring you this fun summer program for children entering grades 1-6 with a variety of fun and educational sports and games, art and crafts, public safety awareness, health and fitness, and swimming/water play. The program runs for three days the week after school gets out.

Club Rec (Grades K – 6)

Club Rec is a full day program (9am-3pm) with options for AM care (7:30am – 9:00am) and PM care (3:00pm – 6:00pm). Club Rec is available for seven, one-week sessions. Club Rec also has Sports and Theatre concentration options. The weeks for summer 2017 are as follows:

Week 1: July 5 – July 7 (3 days); Week 2: July 10 – July 14

Week 3: July 17 – July 21; Week 4: July 24 – July 28

Week 5: July 31 – August 4; Week 6: August 7 – August 11

Week 7: August 14 – August 18

C.I.T. – Club Rec Counselor-in-Training (Grades 7 – 9)

This program is designed to develop leadership and self-esteem while teaching the CIT how to work with young children and plan program activities. Program is available for the same seven one-week sessions of Club Rec.

Kids Corner (Ages 2.9 – 5)

Preschoolers will enjoy a fun and exciting summer experience in a loving and caring atmosphere at Kids Corner. Explore and discover new friends, activities, and adventures. Participants will enjoy non-competitive games, water fun, crafts, songs, outdoor play, and preschool activities held indoors and out. Program is held during the same seven, one-week sessions as Club Rec.

Exploration Club (Ages 10 – 14)

This field trip based program is action packed each week. Some of the trips include water parks, paint ball, indoor skydiving, indoor surfing, mini golf, laser tag, trampoline parks, and go carts. Program runs for six one-week sessions.

Grades are for the 2017 – 2018 school year. More details about summer programs will be available in our Spring/Summer 2017 Program.

Adult Programs

Maureen Nee Fitness Program:

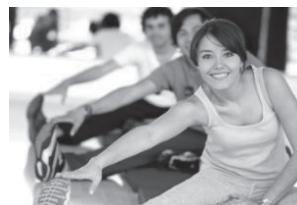
TRX® Boot Camp

Dates: Session 2: Monday, Wednesday and Friday, January 9 – February 17 (x1/16)

Time: 5:45am – 6:30am

Where: Gibbs Gym

Cost: \$240



Sign up for the only Winter session for TRX Boot Camp. Class will meet Mondays, Wednesdays and Fridays at 5:45am at the Gibbs Gym. This class is a combination of cardiovascular drills to keep your heart

healthy and TRX Suspension Trainer strength exercises to tone all your muscles! You can make the TRX exercises harder or easier just by changing your stance, body angle and speed. The class is appropriate for beginners and seasoned athletes alike. Class is limited to 20 participants. Bring a yoga mat and water to each class. All sessions taught by Maureen Chagnon Nee, a certified group exercise instructor and personal trainer, and local triathlete.

Open Basketball

Ages: 18 and up

Dates: Every Tuesday December through April

Time: 7:00pm – 9:00pm

Where: Hardy School Gymnasium

Cost: \$10/day

Dog Activities: Santa Paws

Come have your pups picture taken with Santa!

Dates: December 4, 2016

Time: 10:00am – 12:00pm

Where: Thorndike Off-Leash Recreation Area

*Looking for
an Inclement
Weather
Location?*

*Need A
Space To
Hold Your
Next Event?*

Arlington Recreation Adult Fencing Program

Ages: 18 and up

Dates: Session 2: January 19 – March 16

Session 3: March 23 – May 18

Times: Thursdays 7:00 pm - 8:30 pm, Beginner – Advanced

Where: Gibbs Gymnasium

Cost: \$200 Fee includes recreational membership in United States Fencing Association.

Come learn the exciting sport of fencing! Often called a physical game of chess, fencing develops endurance, coordination, agility, poise and balance. While fencing is a physical sport, it is also a mental game requiring concentration, quick decision-making and problem-solving. It's an ideal activity for people of all ages and sizes.



Equipment is provided for the first 8-week session one participates in.

Clothing Requirements: Track or sweat pants (no shorts! jeans are safe, but not comfortable.) T-shirt, or other lightweight top. (You're going to be putting on a fencing jacket.) Shoes should be sneakers, tennis, racquetball, indoor soccer or similar shoes. No sandals, crocs, heels, boots or dress shoes.) Glove, such as garden glove, baseball hitting glove or something similar for dominant hand. These requirements are all for your safety!

For more information, contact Michael at 978-210-2711 or michael@nefencing.com.

Consider Renting the Gibbs Gymnasium!

Arlington Recreation rents the Gibbs Gymnasium to the public. Facility is open Monday – Saturday, 6:00pm – 10:00pm, Sunday 1:00pm – 5:00pm.

Single-Use or Long-Term options available!

Rental Fee for each space is \$50 per hour.

*For complete details or to book your space,
call Arlington Recreation at 781-316-3884.*

Badminton at the Dallin School Gym

January 2017 to May 2017

Register for Badminton programs at elainegam@rcn.com

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, and more energetic than the 'backyard badminton' that most Americans are familiar with. Shuttlecocks will be supplied. Some racquets will be available for use. Chauncy Liu will coach all sessions.

On Mondays there will be two sessions dedicated to "Just Families" from 6:20pm – 7:10pm where only pre-teen youths with game playing skills will be playing games. Then from 7:10pm – 8:00pm for youths/families playing on a half or full court. "Monday Doubles" follows at 8:00pm – 9:50pm.

On Tuesdays and Thursdays there will be one session dedicated to "Just Families" from 6:20pm to 7:10pm with one court dedicated to adults learning or returning to the game and four half-courts for family play. "Adult Club" follows from 8:00pm to 9:50pm.

Just Families on Monday

Who: Youth Games (6:20 pm) and Family Play (7:10 pm)
Dates: January 9 – May TBD
Times: 6:20pm – 7:10pm and 7:10pm – 8:00pm
Cost: Monday Youth Games \$125 for 16-night season
Family Full Court \$530 for 16-night season
Family Half Court \$270 for 16-night season
Single Adult Player \$135 for 16-night season

This session is structured for families to play with their children. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and "Just Families" fills quickly.

Doubles Court on Monday

Who: Youth or adult players with game-playing skills
Dates: January 9 – May TBD
Time: 8:00pm – 9:50pm
Cost: \$110 for 16-night season;
\$10 walk-in when space available

Play is exclusively doubles, but there are not regular partnerships. Instead a 'Ladder System' is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. Chauncy Liu and other experienced players will be playing with the group and helping players to develop playing skills. Only 28 passes will be sold per season, so space is limited.



Monday Youth Games

Just Families and Basics on Tuesday and Thursday

Who: Family groups and adult players returning to the game
Time: 6:20pm – 7:10pm
Dates: Thursday, January 5 and Tuesday, January 10 – May TBD
Cost: Family Full Court \$530 for 16-night season
Family Half Court \$270 for 16-night season
Single Adult Player \$135 for 16-night season.

This session is structured for families to play with their children. One court is dedicated to adult players returning to the game. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and fills quickly.

WinRec Club Badminton on Tuesday and ArlRec Club Badminton on Thursday

Time: 7:10pm – 9:50pm
Who: Adults players with intermediate or advanced skill
Dates: Thursday, January 5 and Tuesday, January 10 – May TBD
Cost: \$140 for 16-night season;
\$15 walk-in when space available.

Play is almost exclusively doubles, but there are not regular partnerships. Instead a 'Ladder System' is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. There is no coaching; however Chauncy Liu as well as other experienced players from the Winchester Club will be playing with the group.

Passes for all programs are available only by advanced sign-up via email at elainegam@rcn.com or email her with questions. For more Badminton Club info, go to: <http://abc.wolfberg.net>

Community Organizations

ARLINGTON BABE RUTH

of ARLINGTON, MA

Arlington Babe Ruth Baseball Association (ABA)

www.Arlingtonbb.org

Arlington Babe Ruth Baseball Association is a non-profit organization that offers baseball to players between the ages 13 – 19. The program is designed to allow the players to learn and advance their baseball skills in an environment fair play and competition is encouraged, so as to advance them into mature young adults on and beyond the fields of baseball. Our spring program offers two levels of competitive play, so that any player of any skill has a place to play. We then move into the summer program with teams who play against some surrounding towns. The fall comes and we have teams who are made up of current and new players. It is a great transition for the recent Cal Ripken grads to get a taste of the “big diamond.” Games are against surrounding towns.

In addition to our base programs, we offer a more competitive AAU alternative at a cost that is generally less than other AAU programs. This AAU alternative allows players the opportunity to get more workouts and to play at a more competitive level against other AAU teams. Finally, we offer a program for our older kids (15-19) in the very competitive Middlesex League.



Arlington Hockey Club (AHC)

www.Arlingtonice.com

The Hockey Club offers a high quality, affordable opportunity for girls and boys to play hockey from ages 5 to High School. We provide age-appropriate and skill-appropriate player development and coaching and strive to build solid foundational skills as part of our travel, developmental and in-house programs, which enables us to have a strong, sustainable program year after year. Please visit Arlingtonice.com to learn more about playing hockey in Arlington.



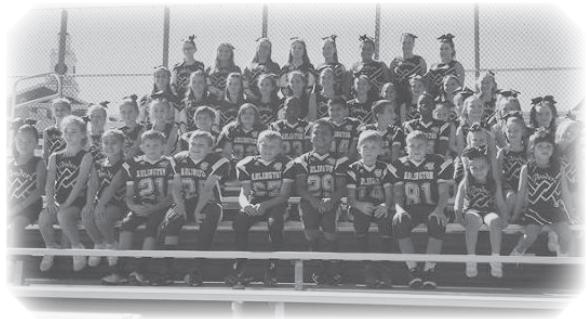
Arlington Pop Warner

Arlington Pop Warner (APW)

league lineup.com/welcome.asp?url=arlingtonpw

Arlington Pop Warner football and cheer registration is open to all children ages 5 to 15 who live in Arlington and/or attend school in Arlington. Pop Warner football is the only nationally organized program that sets and enforces strict age and weight guidelines to promote player safety. There are no tryouts and everyone plays.

Pop Warner football and cheer programs teach fundamental values, skills and knowledge that young people will use throughout their lives.



Arlington Soccer Club (ASC)

www.arlingtonsoccerclub.com

The Arlington Soccer Club is a volunteer organization that provides an opportunity for the boys and girls of Arlington to learn, play and love the sport of soccer through individual skills development, fitness, teamwork, and sportsmanship.

We have 1,900 players, ranging in age from pre-K through high school, and over 300 coaches. We offer both a spring and fall season for players of all skill levels, ranging from the recreational to Division 1 players. We offer in town leagues for our younger players, pre-K through 4th grade. Our older teams participate in the BAYS soccer league and travel to other towns for games.

We also employ local referees to officiate our games, both youth and adult. For more details about the various programs we offer, or to register your child to play with our club, please visit our website at www.arlingtonsoccerclub.com.

If you have a specific question you can find email contact information for our board members on our website.

Community Organizations



Arlington Youth Lacrosse (AYL)

arlingtonlax.usl.la

Arlington Youth Lacrosse ("AYL") is a volunteer-based organization comprised of student-athletes, parents, coaches and supporters that provides opportunities for Arlington's boys and girls to learn about the game of lacrosse, to develop their skills through practice and competition, and to enjoy the camaraderie associated with team play. We welcome all comers regardless of skill level or experience, and offer in-town and travel-based spring programs for students ranging from first grade through eighth grade.

Arlington Girls Lacrosse ("AGLAX") has recently joined forces with Arlington Youth Lacrosse (historically the boys lacrosse program) to form a unified lacrosse organization for the town of Arlington. We are excited to bring together these two organizations that have fostered the incredible expansion of lacrosse in Arlington, and we look forward to providing an ever-growing number of our youth with opportunities to learn and participate in the fastest growing sport in the country.



Arlington Youth Baseball and Softball (Little League)

aybsaonline.org

The Arlington Youth Baseball and Softball Association is a non-profit organization for Arlington children who enjoy the game of baseball, centered on the ideals of good sportsmanship, honesty, loyalty, courage and respect.

Our program offers spring, summer and fall baseball and softball programs to 1,100 kids from ages 5 to 14 years old. The League is intended to teach basic skills including throwing, hitting, catching flies, fielding grounders, and base running. We also offer umpire opportunities to our graduating players 12 years of age or older.

For more details about the various programs we offer, or to register your child to play, please visit our website. If you have a specific question you can find email contact information for our board members on our website.



Arlington Town Tennis Association

www.attatennis.org

Do you play tennis? Would you like to meet others who play tennis? Visit our web site to learn more about the Arlington Town Tennis Association (ATTA) and become a member. You do not need to be a member to sign up for the ATTA newsletter, or events. ATTA is a great way to meet others who play tennis.

Visit www.attatennis.org to sign up for updates as well as the ATTA newsletter.



Arlington Parks, Fields, & Facilities

Sign up online for field closing notices at www.arlingtonma.gov

To request the use of a field or park for special event or outing, please submit a field permit request to the Recreation Office, RecOffice@town.arlington.ma.us". Downloadable permit forms can be found at www.arlingtonma.gov; click on "Recreation Department," "Parks and Recreation Forms."

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/little league field, open field area used for soccer, hardtop basketball area, and a playground. Parking available.

Brackett School: 66 Eastern Avenue. Area has a playground and a hardtop basketball area. On-street parking available.

Buck Field: 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink). Park has a softball/little league field, access to bike path. Parking available.

Buzzell Field: 29 Summer Street. Area has two little league/softball fields (Buzzell 1 – near Summer Street, Buzzell 2 – near bikeway), a playground, picnic tables, a basketball court, and access to bike path. On-street parking available.

Crosby School/Tennis Courts: On Winter Street about 1/2 way down. Area has a medium size green space used for soccer and a playground. Limited on-street parking available.

Cutter School: Park is located between Robbins Road and School Street. Area has a playground.

Ed Burns Arena: Located at 422 Summer Street. An indoor ice facility, regulation size rink, spectator seating for 1,085 people, complete snack bar and vending machines, skate rentals and sharpening. Open September through April. Parking available.

Florence Field: Located at Dallin School: 185 Florence Avenue. Area has a little league/softball field, a large open green space for soccer/lacrosse, a playground, and a small basketball area. On-street parking is available.

Gibbs Gym: 41 Foster Street off Mass Ave. Area has two playgrounds available to the public (after 6pm on weekdays) and a basketball court. Parking available.

The Great Meadows: Area is owned by the Town of Arlington. It is located between two schools, the Waldorf School of Lexington and Lexington Christian Academy off of Lowell Street. Area has walking trails in Arlington and Lexington.

Hibbert Playground: Hibbert Street. Area has a small playground.

Hill's Hill: 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field). Open field for various sports or activities, with access to bike path, and has a playground. Parking available.

Hurd/Reservoir: Located on Drake Road behind Trader Joes and Walgreen's in the Heights. Area has two softball/little league fields, large open field used for soccer, access to bike path and the Reservoir. Parking available on Mass Ave, Drake Road.

Locke School Playground: David Road behind the Locke School condos.

Lussiano Field: North Union Street near Thompson School. Area has a playground, a basketball court, three picnic tables, one basketball court, one softball/little league field, one baseball field, and a big open field used for soccer. Seasonal spray pool area open from June to August. Parking available.

Magnolia: On Herbert St./Magnolia St. Area has a playground, a basketball court, a large open field that is used for soccer and lacrosse, community gardens area, and access to the bike path. Very limited parking available.

McClenen Park: Located on Summer St. (Rte. 2A) across from Palmer's Garage, Lexington line. Area has playground, skate boarding ramps, walking trail, two soccer fields, and one little league field. Parking is available.

Menotomy Rocks Park: Jason Street main entrance. Area has two open green spaces, a picnic area, playground, walking trails and fishing. On-street parking available.

Ottoson Middle School: 630 Acton Street. Take left after Saint Athanasius the Great Greek Orthodox Church (formerly Saint James Church) on to Appleton and left on Acton St. Area has a softball/little league field in back and practice area in front. Parking available.

Parallel Park: Medford Street and Parallel Street. Area has a playground, basketball court and green space. No parking available.

Parmenter Park: 17 Irving Street. Area has a playground and a basketball court. No parking available

Peirce School: 85 Park Avenue Extension. Area has a playground, a basketball court, and green space. Parking available after 3:00pm.

Poet's Corner: 175 Dow Ave. Off Route 2 service drive and Dow Ave. Area has a playground, softball/little league field, basketball courts, and tennis courts.

Reservoir Beach: Parking off of Lowell Street. Seasonal beach, playground, concession stand. Walking path year round.

Robbins Farm: 166 Eastern Ave. Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School. Area has a baseball diamond, large green space area used for soccer, a playground, summer-time movies in the park, and a 4th of July celebration. On-street parking available.

Robbins Library: 700 Mass Ave. Area has a playground and a small green space. Parking available.

Scannell: Field Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of lights onto Linwood St. Area has a softball/little league field, access to the bike path and stands to watch athletic activities.

Spy Pond Field: 66 Pond Lane. Overlooking the Boy's and Girl's Club. Area has a baseball diamond, little league field, stands to watch athletic activities, a large open field used for soccer, five tennis courts and a tennis mini-court.

Spy Pond Park: Located on the North shore of Spy Pond off Pond Lane. The area has a playground, boat ramp and access to the bike path.

Stratton School: 180 Mountain Ave. Area has a playground, hardtop for basketball, and a small green space. Parking available after 3:00pm.

Summer Street: 422 Summer St. on the left of the Sports Center (rink) on the corner of Forest St. Area has a playground, a basketball court, a baseball diamond, a large open field used for field hockey, and access to the bike path. Parking available.

Thorndike Field: 99 Margaret St. Take Lake St. Off of Mass Ave. Go past Hardy School and take left onto Margaret Street all the way to the end. Area has a large field for soccer and lacrosse, Off Leash Dog Area, and access to the bike path. Parking available.

Turkey Hill: Access from Dodge Street. Passive recreation area and trails.

W. A. Peirce Turf Field: 869 Mass Ave. Behind Arlington High School. A newly-renovated turf field, new six-lane track, one baseball field, one softball/little league field, one multi-purpose practice field, and two basketball courts.

Waldo Park: Teal Street. Area has playground, basketball court and small open area for play.

Wellington Park: Grove Street across from DPW Garage. Area has tennis courts, climbing wall and passive recreation area.

Whittemore Robbins House: 700 Mass Ave. Turn into the Robbins Library parking lot and follow drive. Area has a playground and a small green space. Parking available.

Meet the Recreation Department Staff

Jon Marshall
Director of Recreation
Erin Campbell
Program Supervisor
Maria Day
Administrative Assistant
Linda Kirchner
Administrative Assistant
Dave Cunningham
Facility Supervisor
Mark Linskey
Maintenance Craftsman

Parks & Recreation Commission

Jen Rothenberg
Chairperson
Shirley Canniff
Vice Chairperson
Leslie Mayer
Don Vitters
Elena Bartholomew
Peter Hedlund
Associate Member
Crissy Tarantino
Associate Member

Recreation Department Phone Numbers

Main Number:
781-316-3880
Fax Number:
781-641-5495
Ice Rink:
781-316-3887

Mission Statement

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities. Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

See Your Child in the Arlington Recreation Department Program



The Arlington Recreation Department invites you to submit photographs at any time to be considered for use in our programs. All submissions should be in color and high-resolution quality.

Please email photos to stevemoniak@lightningdesign.net
or recoffice@town.arlington.ma.us



Winter Skiing: Ski & Snowboard Lessons at Nashoba Valley



The Learn to Ski Program provides ski or snowboard lessons, lift tickets & transportation to the Nashoba Valley Ski Area in Westford, MA.

Grades: 3 – 5

Dates: Four Tuesdays, January 3 – January 24

Time: 2:00pm – 6:30pm (times are approximate). Lessons are scheduled for 4:15pm.

Cost: \$275 per participant. Each week participants will have time for free ski before lessons begin.

Equipment Rental: There will be a mandatory fitting on Monday, December 7 from 5:30pm – 6:30pm in the lower level classroom of the Gibbs Gymnasium. Rentals are an additional \$90.00 for the season, checks payable the night of the fitting directly to Nashoba Valley. If you do not make this date, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will also be sold at the fitting for \$60.

Transportation: Buses will meet at the Arlington Recreation Department. We will begin boarding at approximately 2:00pm. Return site will be the same. If a session needs to be canceled due to inclement weather, the session will be made up the following Tuesday.

Registration Note: Please note that registration numbers are limited and accepted on a first-come, first-serve basis.

Parent Volunteers: Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program. Parent volunteers are assigned to same group for the entire program and are responsible for taking attendance, assisting with equipment rental, and chaperoning participants at Nashoba Valley.

Parent volunteer spaces are limited. If you are interested in being a parent volunteer, please contact Arlington Recreation at 781-316-3880.

2017 School Vacation Programs

Kids Care Vacation Week Programs

Grades: K – 5

When: **Christmas Vacation**

Tuesday – Friday, December 27 – 30

February Vacation

Tuesday – Friday, February 20 – 24

Time: 8:00am – 6:00pm

Where: Gibbs Gym

Cost: \$70 per day and individuals can sign up for as many days as they like.

Join us for an expansion of our successful after-school program. This fun program is open to all. Each day will have its own different special activity planned. A detailed schedule will be available online

Viking Sports – Multi Sport Vacation Week Programs

Grades: 1 – 5

Dates: **Christmas Vacation**

Tuesday – Friday, December 27 – 30

February Vacation

Tuesday – Friday, February 20 – 24

Time: 9:00am – 3:00pm

Where: Ottoson Gymnasium

Cost: December session \$195; February session \$160

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, whiffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.